

DUMBBELL



Intermediate - Weekend Warrior

1	Full Body Workout	Core Intermediate 3	Rest	20 Minute Legs	20 Minute Chest/Back	20 Minute Arms	Rest
2	Full Body Workout	Core Intermediate 3	Rest	20 Minute Legs	20 Minute Chest/Back	20 Minute Arms	Rest
3	Full Body Workout	Core Intermediate 3	Rest	20 Minute Legs	20 Minute Chest/Back	20 Minute Arms	Rest
4	Full Body Workout	Core Intermediate 3	Rest	20 Minute Legs	20 Minute Chest/Back	20 Minute Arms	Rest
5	Full Body Workout	Core Intermediate 3	Rest	20 Minute Legs	20 Minute Chest/Back	20 Minute Arms	Rest
6	Full Body Workout	Core Intermediate 3	Rest	20 Minute Legs	20 Minute Chest/Back	20 Minute Arms	Rest